



MENTAL WELLNESS AFFECTS US ALL.

We are stronger together than we are alone or apart. Together, with strength of numbers, we are a tide-changing force in the United States for better health and wellness of the whole body.

Mental Wellness Champions are individuals and organizations who support prevention, early intervention, scientific research, and cures for mental health problems. That's it!

Anyone can be a Champion — whether a single dad at his wits end, a veteran struggling with PTSD, a neuroscientist, an entrepreneur, a business, or a nonprofit — whatever your role, you can be a Champion for Mental Wellness!

Visit **AmericanMentalWellness.org** today to become a Champion!



AMERICAN MENTAL
WELLNESS ASSOCIATION

For more information, visit:
www.AmericanMentalWellness.org



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The American Mental Wellness
Association is a registered 501(c)3 organization.
All donations are tax-deductible.



AMERICAN MENTAL
WELLNESS ASSOCIATION

*Prevention, Early Intervention,
Scientific Research, and Cures*

www.AmericanMentalWellness.org

MISSION

We are building healthier lives free of mental health problems through educational outreach.

VISION

We envision a world that, through public education, values prevention, early intervention, scientific research, and cures of mental health problems for the holistic health of the individual and society.

HISTORY

In 2012, The Mental Wellness Awareness Association (MWAA) was founded by a group of individuals to promote prevention, early intervention, scientific research, and cures for mental health problems. The MWAA began as a Pennsylvania state-wide nonprofit with the goal to expand to the national level.

In 2016, the MWAA expanded its' reach to the national audience to unify individuals and organizations in support of prevention, early intervention, scientific research, and cures for mental health problems by creating the American Mental Wellness Association (AMWA). The MWAA continues to operate in Pennsylvania as the first state chapter of the AMWA.

WHAT WE DO

Public Education: Through partnerships with local, state, and national organizations, we bring information to youth, adults, older adults, military and veterans, corporate America, service providers, and advocates. In collaboration with our Champions, we serve as a hub of information distribution.

Prevention and Early Intervention: Mental Health problems occur in stages, similar to other physical health problems. By promoting mental wellness we educate to prevent illness, encourage prompt, appropriate care at first episode and during other stages.

Scientific Research: Partnerships with researchers, clinicians, and analysts enable collaboration on treatments for mental health problems. We encourage open communication of new research ideas.

Cures: We seek cures for all mental health problems in our lifetime.

WHEN YOU
REPLACE “I”
WITH “WE”,
ILLNESS
BECOMES
WELLNESS!

-Shannon Alder

